

FREE FITNESS DAY!

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

Wednesday
May 18, 2022

Join HFM Wellness Center, Manitowoc-Two Rivers YMCA,
Balance on Buffalo, and Balance SoundSpace for **FREE on MAY 18th!**



HFM Wellness Center
1650 S 41st Street
Manitowoc, WI 54220
(920) 320-4600



hfmhealth.org/services/wellnesscenter/

May 18th HFM WELLNESS CENTER FREE CLASS SCHEDULE:

- 5:30 am Total Strength (Tracy)
- 8:00 am Deep Interval (aquatic class with Jill)
- 8:30 am 30 min. HIIT (Sandra)
- 9:00 am Strength Stability (Sandra)
- 10:00 am Yoga (Megan)
- 10:00 am Warm water aquatics (Maddie)
- 11:00 am Aqua Dance (Andrea)
- 11:00 pm Tai Chi (Maddie)
- 12:00 pm Balance Fit and Fun (Maddie)
- 5:00 pm Working with Weights (Sandra)
- 5:00 pm Water Class (Anne)

Get free access to the HFM Wellness Center for the public today only. Access includes the use of gym facilities and equipment, sauna, and group exercise classes.

Manitowoc-Two Rivers YMCA

205 Maritime Dr.
Manitowoc, WI 54220
(920) 682-0341
mtrymca.org



May 18th YMCA FREE CLASS SCHEDULE:

- 5:15 am Group Power® (Jenny)
- 7:45 am R.I.P.P.E.D.® (Donielle)
- 8:45 am Rhythm Aerobics (Cheryl)
- 9:00 am Yoga (Susan)
- 9:30 am Foam Rolling (Justin)
- 10:00 am Silver Sneakers Classic (Cheryl)
- 11:00 am Water Fusion (Stacie)
- 12:10 pm Hybrid Cycling (Gina)
- 5:15 pm Group Power® (Amanda)
- 6:30 pm Vinyasa Flow Yoga (Becky)

ABOUT

National Employee Health & Fitness Day was created as a national observance to promote the benefits of physical activity through worksite health promotion activities.

WHY PROMOTE FITNESS AT WORK?

- Increased productivity
- Reduced rates of absenteeism, presenteeism, and sickness
- Reduced medical costs
- Improved stamina and morale
- Reduced stress

***Times and classes are subject to change**

FREE FITNESS DAY!

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

Wednesday
May 18, 2022

Balance On Buffalo

924 Buffalo St.,
Manitowoc, WI 54220
(920) 684-8880

balanceonbuffalo.com/



May 18th BALANCE ON BUFFALO FREE HALOTHERAPY SESSIONS:

Sessions are 45 minutes and will be available on the hour on Wednesday, May 18th — running from 12:00–5:00pm. Up to 5 people in each session

To register, [click here](#) or call The Chamber.

Halotherapy (Salt therapy) is great for overall wellness, especially respiratory and skin. While you sit back in the lounge chair under the soft glow of the salt panels, your only job will be to relax and breathe while the salt particles from the halo-generator penetrate deep into the respiratory system, absorbing excess mucus, allergens, bacteria, and other foreign elements. Heated Salt Pack and Headphones will be provided with Specialized Harmonic Egg music to reset and renew.

Balance SoundSpace

211 N. 9th Street
Manitowoc, WI 54220
(920) 684-8880

balanceonbuffalo.com/new-soundspace



May 18th BALANCE SOUNDSPACE FREE SOUND BATH RESET SESSIONS:

Sessions are 60 minutes and there will be an 8:30am Session and a 6:00pm Session available on Wednesday, May 18th, with room for 12 people in each session.

To register, [click here](#) or call The Chamber.

Come Relax and Reset on a stabilized yet buoyant Sound Cloud; Whilst Peter Hess Academy USA facilitator, Gina Armstrong, guides you to intertwine your breath with the soft, gentle sounds and vibrations of Therapeutic Singing Bowls. Suited to melt you into a deep state of relaxation where peace and tranquility reside. Peter Hess Therapeutic and Sangha Singing bowls will stimulate your heart strings and generate pathways toward pure bliss. Various sounds and waves of vibrations shall pique the interest of your mind allowing one to drop into the space of stillness where possibilities to explore and reset into a new way of Being reside. Glimpse into the window of stillness and bring the beauty back to daily life, to create even more deep and meaningful moments. Please note weight limit is 325 lb.

FREE FITNESS DAY!

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

Wednesday
May 18, 2022



Tap Into Fitness

3114 Memorial Drive
Two Rivers, WI 54241
(920) 657-1770

mindbodyonline.com/explore/locations/tap-into-fitness

May 18th TAP INTO FITNESS FREE CLASS SCHEDULE :

WEIGHT CIRCUIT CLASS

7:30 - 8:30 AM

Working out doing upper body and lower body using equipment at different stations. Note: Class size is limited to 6 participants.

FUNCTIONAL FITNESS STATIONS

5:00 - 6:00 PM

Full body circuit style workout utilizing unconventional tools including battle ropes, sandbags, slam balls, kettlebells. We'll blend these with body weight movements and other fun exercise tools. The idea is that we will focus on working multiple muscle groups together during each class rather than focusing on one specific group. Note: Class size is limited to 10 participants.

CYCLING

5:30 - 6:30 PM

An indoor cycling class set to exciting music and choreographed to provide a stellar sweat session that improves cardiovascular conditioning. This 60 minute session will guide you through hills, sprints, endurance tracks and much more. All fitness levels welcome! Note: Class size is limited to 7 participants.

The Mind Body App will be used to reserve your spot in class! It's easy and free! Launch the MINDBODY app and select Continue with email. Enter email address, then tap Next. (Note: Existing users will be asked to log in.) Create and enter a password, then tap Next. Enter your first & last name, location, and email preference, then tap Create Account. If you experience technical issues with the App, please call 920.242.2480.

Prizes

Current Prizes

- Football autographed by Packers' Amari Rodgers with Certificate of Authenticity for one winner (donated by Bellin Health)
- "2-Month Membership" to HFM Wellness Center (must be redeemed by June 30th) for three winners.
- "1-Month Membership" to the YMCA for three winners.